



City of Carlsbad Parks & Recreation
Safety Training

**AMERICAN RED CROSS
Lifeguard Academy**

Become a Lifeguard:

- Lifeguarding is an exciting and rewarding job.
- Employment opportunities will exist at the Monroe Street Pool for Fall 2013.
- The Academy is designed to provide qualified participants with certifications above and beyond the requirements for a pool lifeguarding position.
- Graduates receive American Red Cross Certifications in: Lifeguard Training; Standard First Aid; Cardiopulmonary Resuscitation for the Professional Rescuer (CPR-FPR); Automated External Defibrillation (AED) Essentials.

Prerequisites: Must be at least 15 years of age and have the ability to swim 300 meters continuously, using front crawl and breaststroke; swim 20 m, surface dive to a depth of 10 feet, retrieve a 10 pound brick, return to the wall with the object and exit the pool in 1:40 or less.

Fee: \$220 with a \$20 discount for Carlsbad residents. \$35, to be paid the American Red Cross after registering for the self-study portion. (required)

Schedule:

| | | |
|-------------------------------------|------------------------------------|-----------------------------|
| Date: Saturday, September 7 | Time: 8:00 a.m. – 2:00 p.m. | PRE-COURSE SWIM TEST |
| Date: Sunday, September 8 | Time: 9:00 a.m. – 2:15 p.m. | |
| Date: Saturday, September 14 | Time: 8:00 p.m. – 1:15 p.m. | |
| Date: Sunday, September 15 | Time: 9:00 a.m. – 2:15 p.m. | |

Don't miss this program - sign up today!

Monroe Street Pool • 3401 Monroe St., Carlsbad, CA 92008
TEL 760-602-4685 • WEB www.carlsbadca.gov/parksandrec

